

Torii Teller

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Burning wishes



photo by Cpl. Kurt Fredrickson

Local residents wish for good luck, health and safety by burning their New Year's decorations and written prayers. The Tondo Festival is part of Shinto religion, and was held near the Kintai Bridge Jan. 14.

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Delinquent Government Credit Card balances exceed \$2.1 billion

by Cpl. Ryan O'Hare
Torii Teller Staff

Government travel charge cards are a convenience for military and civilian employees traveling on official travel orders, but when cardholders do not pay their bills on time the responsibility and consequences are all theirs.

As the number of cardholders have increased throughout the Marine Corps, so have the number of delinquent payments.

With over \$2.1 million in unpaid government credit card balances, the situation must be addressed and cardholders must be aware of their responsibility.

The deadline to submit a travel claim is three working days after the completion of the official travel. Cardholders are held responsible for all bills accrued to the credit card company and non-payment may result in suspension, cancellation and possible civil court action. Eventually, non-

payment can negatively affect credit history.

According to Ana Lewis, Agency Program Coordinator for Headquarters and Headquarters Squadron, the biggest problem is the cardholder doesn't pay the bill on time. Travelers must complete and submit their travel claims in a timely manner in order to have the claim settled so they can make their required payment.

"If you procrastinate and don't submit your claim on time, we are not responsible for a timely settlement in order for you to reimburse the credit card company," said Lewis. "It is the cardholder's responsibility."

When claims are made, an error in the paperwork may delay the payment of the settlement.

"Usually finance processes a claim and deposits the settlement within five days," said Lewis. "If your money is not in your account within a week or so, call to make sure there was not a problem in the filing process."

Because credit card bills need to be paid on a monthly basis, cardholders who are on orders

longer than 30 days, need to take responsibility for the money spent while away.

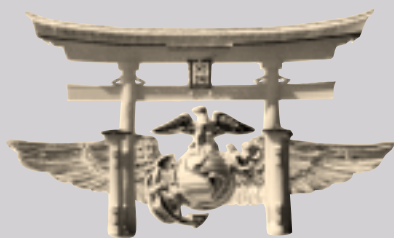
According to Chief Warrant Officer 4 Donald Page, H&HS administration officer, there are various ways to take care of the bill while on Temporary Additional Duty over 30 days.

"If the cardholder is TAD at another Marine Corps base, they can go to the local finance office and submit a travel claim for a partial settlement of the expenses accrued so far," said Page. "If they are not on a Marine Corps installation, and do not have the funds to pay their current bill, they need to call their Agency Program Coordinator before the bill becomes due. The APC can work with the credit card company to prevent the account from becoming delinquent."

According to Page, cardholders need to understand the consequences of not paying their bill on time.

"Many people feel it's their own personal card, and won't be reprimanded for being delinquent on the payments," said Page. "That is not true."

Torii Teller



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Is there an event you want covered for the *Torii Teller*? Do you have an opinion to be heard? Does your unit have anything newsworthy to report? If so, we want to hear from you, call 253-5344 or e-mail olmsteadj@iwakuni.usmc.mil.

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Planning for the future

by Sgt. Maj. Stephen H. Mellinger
Marine Forces Pacific Sergeant Major

CAMP H.M. SMITH, Hawaii — If you, whether single or married, were asked about your personal future financial plans, would it bring a confident smile to your face or the "deer in the headlights stare?" Unfortunately many of us think that words such as "future" and "financial planning," are words not meant to be used in the same sentence.

As young adults our future financial plans generally consist of the upcoming weekend and how much we need to pay for it. Unless you Marines are a lot wiser than I was at your age (and I hope you are), then I'm probably right. It's sad to say, but even the majority of older Marines have not bothered to think about their financial future.

Most of us have a false sense of financial security because we get that pay every two weeks and the bills are getting paid. Also, we as a society, seem to embrace a "live for today" lifestyle which leaves no room (money wise) for emergencies or financial security investments for our "golden years."

I know a few very senior Marines who recently retired from the Corps with 20 to 30 years of service. And they walked out the gates with not much more than their last active-duty paycheck. I wondered how they were going to make it financially in the "after life" from the Marine Corps. You could see the uncertainty in their eyes.

Without exception every Marine that is in that type financial situation wishes they were not. What a horrible way to start what should be the "worry free, kick back and smell the flowers" part of your life. Instead they are wondering where the money will come from to continue paying their creditors.

No matter if we serve for just one tour of duty in the Corps or stay the for course of 30 years, we all must realize the importance of preparing now for our financial security.

Would you agree that we do a much better job providing for future needs of Marines in our charge than we do for our own families? We've all received the financial planning pitch while in recruit training. For me it went in one ear and out of the other.

For years (as a bachelor) my priorities were cars, parties and fun times, but then I married. We

see *FUTURE PLAN* Page 4

Corps News

All Marine boxing trials conclude

by Staff Sgt. Jason Huffine
MCB Camp Lejeune

CAMP LEJEUNE, N.C. — In what will probably be the only time a Marine lance corporal knocks a lieutenant to the ground and gets away with it, Charles Davis threw a barrage of punches and knocked out Alan Singleton in the final bout at the All Marine Boxing finals here at the Goettge Fieldhouse yesterday.

The fight, which was the final of seven on the evening's card, had fans cheering as the heavyweight Davis unleashed on a bigger Singleton. Davis, 20, backed the 2d Marine Division tanker to the ropes and connected with a series of body shots and unleashed with a right and left uppercut that sent Singleton to the ground.

Referee Frank Hart stopped the fight 1:35 into the third round.

"When you're throwing punches, you want to get on 'em as quickly as you can," Davis, a Portsmouth, Ohio, Marine said. "I wasn't focused on the fact he was a lieutenant, just that he was another opponent. I wanted to hurt 'em."

Davis, who said he's boxed since he was thirteen, added he was excited about making this year's team. And that's what made the victory so sweet.

Judging by the fan's reaction, the 178 lb. bout and sixth on the card, also had people cheering.

Corporal Christopher Tillman was setting up for what appeared to be an upcoming knock out of 2d



photo by Staff Sgt. Jason Huffine

1st Lt. Alan Singleton lays in the ropes as team officials rush to his aid following his knock out by Lance Cpl. Charles Davis in the final fight of the All-Marine Boxing Trials here yesterday. Davis and seven other Marines made the team during the trials.

Marine Division's Lance Cpl. Jacob Garreston late in the second round.

Tillman had Garreston cornered and was connecting with lefts and rights causing Garreston's legs to wobble. However, the bell rang, and Tillman had to wait fifty-six seconds into the third round before he dazed Garreston enough for the referee to stop the fight.

All-Marine Coach Master Sgt. Robert Michael emphasized to Marines who came out for the trials that he has a tremendous outlook for this year's team. As the Marines gathered in the Goettge's "Blue Room," Michael stressed because he feels so positive about the level of competition the Marines have

see *BOXING* Page 4

Taking guesswork out of transition

Relocation Assistance Office helps service members, families prepare for PCS move

by Cpl. Joe Lindsay
Torii Teller staff

A workshop given by the Iwakuni Relocation Assistance Office here is providing valuable information to service members and their families who will soon make a Permanent Change of Station.

The "PCS with Success" workshop helps service members and

their families by letting them know what to expect at their next duty station.

"One of the most difficult times in military life is moving to a new duty station," said Eugene Clark, relocation specialist. "Here at the Relocation Assistance Office we help people plan their PCS move by giving them the necessary information about their next duty station, so that the move is easier and less stressful on them."

The workshop is held every other month, except during the summer, when it is held every month, said Marnie Trippensee, Relocation Assistance Office manager.

"The workshop is beneficial to all service members, regardless of their rank or time in service, because no

matter how long you've been in, it's always good to be prepared," said Clark.

"The class was really helpful and provided me with the information I needed to help make my move to Yuma easier," said Master Gunnery Sergeant James Palkowski, a 27-year veteran and course graduate.

The class is mandatory for service members PCSing within 90 days, and Trippensee says it can aid service members in having a smooth move.

The Relocation Office's goal is to help all service members in transition, whether they are coming or going, said Trippensee.

"At the Relocation Assistance Office we have other resources available, such as the welcome

aboard packets and video tapes of all the Marine Corps bases and some of the Navy installations that individuals can check out," she said.

According to Clark, guest speakers also provide valuable information about other duty stations, including phone numbers, information about housing, and even local maps.

"When people attend the workshop it gives them more confidence about their next duty station," Clark said. "It's kind of like a 'Heads Up' class. People need to be prepared before they reach their next duty station. That's what the class is here for."

The next workshop is scheduled to be held Jan. 26, from 1 to 4 p.m. in Building 411, Room 123. For more information call 253-3311.

Crusaders complete successful deployment

by Capt. D.H. Pettersson
VMFA-122

The Crusaders of Marine Fighter Attack Squadron 122 recently completed a very busy and highly successful six-month deployment here under the Unit Deployment Program.

The unit redeployed to its home station, Marine Corps Air Station Beaufort, S.C., Jan 18.

The first milestone of the deployment came when Capt. Bruce V. Greene, a VMFA-122 pilot, logged the Squadron's 60,000 mishap free flight hour on Aug. 10, 2000.

"This milestone represented a commitment to quality, safety and professionalism," said Maj. Ted Surgeon, VMFA-122 executive officer. "It is an even greater accomplishment considering the fact that the Crusaders fly and maintain some of the older F/A-18's in the active duty Marine Corps. This milestone is a testament to the hard work, dedication, and attention to detail displayed by every Crusader past and present."

"The strength of this squadron is quality of the staff and noncommissioned officers, and the leadership they provide. Their efforts and talent makes our job and these accomplishments easy," he said.

During the last week of July, the Crusaders deployed seven jets and 35 maintainers to Kadena Air Base on Okinawa, Japan for a live air-to-air and air-to-ground missile shoot.

"The training was an invaluable part of the 'teaching by doing' process," said Surgeon. "This has become a cornerstone of the Crusaders success."

The month of August saw the entire squadron



photo courtesy of VMFA-122

Marines with VMFA-122 load ordnance on an F/A-18 Hornet during exercises at Royal Australian Air Force Base Tindal, Australia.

pack up and re-deploy south of the equator to Royal Australian Air Force Base Tindal, Australia in support of exercise "Southern Frontier 2000."

This three week air-to-ground training exercise in northern Australia afforded the Crusaders the opportunity to work up several pilots for their advanced qualifications, train the ordnance men in building, loading and arming live air-to-ground ordnance, and allow the entire squadron to work out of an expeditionary airfield setting.

"Our focus of effort for this exercise was to train the pilots to use a wide variety of ordnance on different targets using different tactics," said Maj. Michael "Grail" Antonio, the Squadron's Pilot Training Officer.

The great thing about training in Australia is the wide open airspace and the huge air-to-ground training range. The pilots can plan and execute complex missions with multiple aircraft and go

News Briefs

Valentine Message

The *Torii Teller* will publish your Valentine's Day message in the Feb. 9 edition. This will be a chance for station residents to express their heart felt emotions to their special others. Stop by Headquarters Building 360, Room 7 or e-mail the *Torii Teller* Press Chief at olmsteadj@iwakuni.usmc.mil to submit your message.

School Closure

Matthew C. Perry Elementary and High Schools will be closed Jan. 29 for a teacher's workshop.

Shopping Cart Use

Shoppers are asked to return shopping carts after use. The shopping carts should not leave the commissary store. If a special situation arises where the cart must be used to bring groceries home, please return the cart immediately.

Emergency Calls

The Provost Marshal's Office would like to remind station residents that the emergency 911 phone system is for emergencies only. All calls of a routine nature should go to the Military Police Desk Sergeant at 253-3303/3055 or PMO Administration during normal working hours at 253-3933/3278.

Tips for reducing dietary cholesterol

submitted by
Branch Medical Clinic

For many of us, the whole issue of cholesterol can be confusing. We have been told that too much cholesterol clogs arteries and is generally bad for the heart.

But we are also told that there is good cholesterol and bad cholesterol. So which is which?

The first thing to know is that cholesterol is essential for life. The body needs cholesterol to make cell membranes, certain hormones and to ensure proper functioning of the nervous system.

But our own liver produces all the cholesterol we need.

Cholesterol tests measure the amounts and ratios of two types of cholesterol: low-density lipoproteins, or LDL, and high-density lipoproteins, or HDL.

Studies have shown that people with a relatively high amount of LDL cholesterol in their blood are more likely to develop heart disease. Studies have shown that people as young as the age of two years have

begun to develop plaque build-up in their arteries.

It also appears that the greater the proportion of HDL, the lower the risk of heart disease. Exercise and eating a higher fiber diet are two ways to help increase the amount of HDL in your blood.

So, what types of food have cholesterol in them? If it comes from an animal, it has cholesterol in it. When selecting red meats, choose extra-lean cuts and trim off any excess fat. Incorporate more fish and chicken in your diet, as they tend to be much lower in cholesterol. Remember to take the skin off the chicken, as this is where the fat is.

In the dairy group, choose low-fat or non-fat products, and limit eggs to no more than four per week. Plan the majority of your diet around low-fat foods such as whole grains, fruits, vegetables, pastas, dried peas and beans. This does not mean that you need to cut out meat completely, just decrease the portion size. People who get the majority of their calories from low-fat foods have a lower risk of developing heart disease, as well as decreasing some forms of

cancers. These individuals are also less likely to be overweight.

To learn more about cholesterol and how it affects your health, contact the Branch Medical Clinic at 253-3266 or consult your healthcare

provider.

The Branch Medical Clinic will be offering cholesterol screening at the Health Fair which will be taking place on Feb. 10.

Tips to help you control cholesterol

1. Take control of your health. Know your cholesterol numbers. Be an active partner with your healthcare professional in getting and keeping them in control.
2. Take control of your grocery shopping. Read food labels. Choose foods low in saturated fat and cholesterol.
3. Take control of portion sizes. Learn what one serving or portion looks like.
4. Take control of your weight. Aim for a healthy weight.
5. Take control of your refrigerator. Stock it with fresh fruits, vegetables, and low-fat or fat-free foods.
6. Take control of your activity level. Do moderate physical activity such as an aerobic activity, for at least 30 minutes on most, and preferably all, days of the week. No time? Do three, 10-minute segments on as many days as you can.

FUTURE PLAN from Page 2

had children. Would you believe it? My priorities changed dramatically. When I did begin to think about "life after the Corps," and even retirement from a second career, I regretted not setting money aside decades ago as a young bachelor.

For me it was only about 15 years ago when I started taking steps to be financially secure when I reach my "golden years." Prior to that time, my family's total assets were limited to what cash my wife and I had in our pockets after paying the monthly bills.

I wish I had been smart enough to set aside even a couple of dollars a payday when I first came in the Corps 28 years ago.

Because I waited so late in life to begin preparing for financial security (or total retirement where I don't have to work any more), my family has had to make real sacrifices. But

now we see that our aggressive investments and savings the last 15 years is paying off.

Each of you hard chargers should have a financial plan aimed at making life comfortable for you and your family later in life. I don't believe any of us want to "have" to work until we're 90 years old just to survive.

The saying, "Money can't buy happiness," is an accurate saying, but I suggest that having financial security will sure make life less stressful and more enjoyable. There's another saying I agree with, "Love makes the world go around, but money greases the axle."

There are numerous ways to save or invest. They include (but are not limited to) bank/credit union savings, stocks, mutual funds, bonds or Individual retirement accounts.

I encourage all of you, who currently don't have a financial plan, to please seek consultation from a professional. But before you do that you first must set financial goals for

yourself. For example, do you want to stop working by age 60? Then to do that you must figure out how much money you would need to have saved as you reach age 60.

Not everyone (to include me) will be a millionaire, but those that set goals and start a plan early in life, have a much better chance of getting there than those that put their hopes in winning a state lottery!

Marines, 30 years from now it won't seem too important to you who you bought beers for in Hawaii, what super car stereo system you had to have or how much those cool rims on your ride cost you. You will however remember back to this time (one way or another) concerning your finances.

If you do begin now to save for the future, you will have fond memories. If you don't start now, you'll look back 30 years from now thinking, "If only I had started saving . . ."

BOXING from Page 2

faced within their own ranks, he really feels it happening this year.

The boxing veteran, who fought on the 1988 team under the recently retired Roosevelt Sanders, kept saying to the team, "It's my watch, you with me?" In return, the assembled Marines replied with a simple "Err!"

Michael selected eight more

Marines from this year's trials, and explained these Marines would be added to the 15 already on the team.

He also stressed that the crowd who saw Davis outmatch an obvious bigger Singleton, shouldn't always be fooled by size. He said Davis' hand-speed made up for any lack in size he may have had.

Also winning at the trials by point decisions were 2d MarDiv's Staff

Sgt. Steven Stokes and Cpl. Heriberto Acevedo; Marine Corps Air Station, New River's Cpl. Roland Diaz; Lance Cpl. Mike Martinez of 2d Force Service Support Group here; and Lance Cpl. Anthony Little stationed at Twentynine Palms, Calif.

The trials started Monday with more than thirty fighters competing. The team is now scheduled for its

first competition of the year next month in Fort Huachuca, Ariz., at the Armed Forces Championships. Michael said as of now 11 Marine fighters will attend the matches. From there, he said the team is scheduled to attend 'The Golden Gloves' and the National Championships in Colorado Springs, Colo.

Course puts riders at ease

by Cpl. Kurt Fredrickson
Torii Teller Staff

The freedom that comes with riding a motorcycle is one many people take advantage of while stationed in Iwakuni, but the right to enjoy the open road comes only after they successfully complete a motorcycle safety course.

The course is a requirement to operate a motorcycle aboard the air station and is a source of knowledge for new riders.

"The course gives new riders a basic understanding of motorcycle safety and proper riding techniques," said Gunnery Sgt. Derek Fry, motorcycle safety foundation instructor. "If they understand the proper techniques of braking, cornering and swerving, they are not as likely to be involved in an accident."

According to Fry, the class is designed for a motorcyclist who has never ridden a motorcycle. Students spend two days learning the basics of their motorcycles, and becoming comfortable with their machines. The two day course consists of a three-hour class in the morning and an afternoon of riding on the course.

Instructional videos describe the parts of the motorcycle and where they are located. After a lunch break, students head for the driving course near the Main Gym for their first ride.

The course is designed to teach riding fundamentals. According to the Motorcycle Safety Foundation, lack of training in these areas is the cause of most motorcycle accidents.

After a few hours of driving through and around the painted yellow curves and corners on the course, students begin to develop a sense of how their bike operates and feels beneath them.

On the second day of classes students learn about braking techniques and the hazards of the road. Then they take the written test and head out to the range where they apply what they have learned for score.

"It was a great class and I enjoyed it a lot," said Cpl. Heath McCleary, H&HS weather observer. "Knowing the limits of my bike, and what your able to do, was the most important thing I learned from the class."

According to McCleary, the skills he received in the class could not have been acquired as quickly on his own.

"The motorcycle safety course will not make you an expert rider, but will give you the fundamentals of riding," Fry said. "The only way to get better at it is to get out there and ride."

Although riders are certified to ride their bikes after two days of training, Fry recommends that they ride on base for at least 30 days to get a better feel for their bike and the road, before heading out in town.

"The feeling of freedom and the open road is the best thing about motorcycle riding," McCleary said. "I

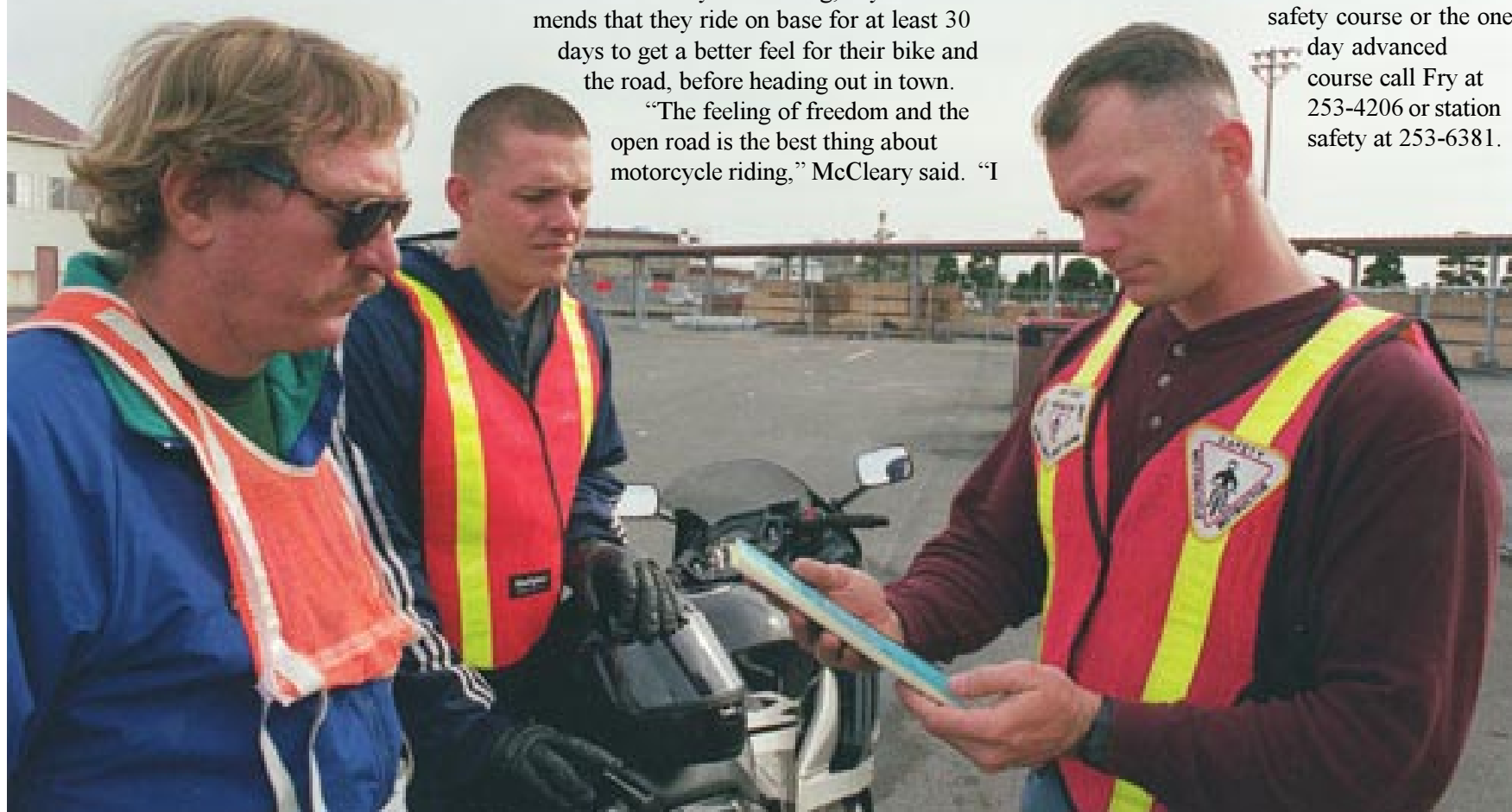
hope I never have an incident while enjoying the open road, but the skills I learned during the motorcycle safety course will diffidently help, should something unexpected occur."

For more information on the motorcycle safety course or the one day advanced course call Fry at 253-4206 or station safety at 253-6381.



photos by Cpl. Kurt Fredrickson

Gunnery Sgt. Derek Fry, motorcycle safety foundation instructor, prepares to demonstrate a skidding and braking exercise at the motorcycle safety course.



Ron Holback, family member, and Cpl. Heath McCleary, H&HS weather observer, listen to Gunnery Sgt. Derek Fry, motorcycle safety foundation instructor, as he explains an exercise.



A Daruma, a symbol of luck, burns during the Tondo festival held Jan. 14 near the Kintai Bridge. Many decorations were tossed into the fire to bring good fortune during the New Year.

Tondo f



Children sit a comfortable distance from the enormous bonfire, which was built and burned to bring good luck, health and safety to everyone during the New Year.



A Japanese resident places used New Year decorations into a bonfire that would later be burned as part of the Tondo festival.



photos by Cpl. Kurt Fredrickson

A local Shinto priest presents a branch to an alter, during a ceremony where prayers were made for good luck, health and safety during the New Year.

Festival warms Iwakuni night



*Years decorations on the
art of the fourth annual*

by Cpl. Kurt Fredrickson
Torii Teller Staff

The 30 degree night was unforgiving on the bank of the Nishiki River Jan. 14, but prayers, wishes and the remnants of New Years celebrations set ablaze were more than enough to bask the night in an orange glow, and warm even the coldest of festival participants.

The fourth annual Iwakuni Tondo festival attracted a crowd of more than 200, and lasted just over one hour. The event was full of action from the cold beginning to the fiery end.

With a purple and blue sky settling in, prayers were made by local Shinto priests for good health and safety during the New Year.

The highlight of the festival was a large bamboo platform

covered with New Years decorations, good luck charms and prayers written on paper. These items were deposited by many people who came to the festival.

Crowds gathered near the pile as several people approached with torches to ignite it. Soon after the small flames grew into an enormous bonfire. As the heat intensified, the bamboo which made up the platform, began to hiss and explode, blowing harmless debris and sparks into the crowd. No one seemed to mind except for the occasional child covering their ears.

Fireworks raced into the sky, mingling with the rising sparks from the fire to end the festival. A bulldozer knocked down the fire and the crowds headed out to find a warmer place to spend the rest of the night.

The festival ended cold, just as it had begun. But for the people who attended, it was the start of a new year filled with luck and hope for a healthy and safe year for all.

Year of the Snake

by Gunnery Sgt. M.A. Zeid
USMC Reserves

In Western ideology, snakes have a bad reputation and are associated with things such as voodoo and the devil. Furthermore, many people are quite frightened of snakes.

Yet the Chinese admire those born in the Year of the Snake for their good business sense, generosity and intelligence. The year 2001 is the year of the snake, the sixth of the "junishi," or 12 animal signs of the Oriental zodiac.

According to one legend, on New Year's Day, the Jade Emperor called all the animals of the world to come to the Heavenly Palace, however only 12 came. The rat was first since he had hitched a ride on the back of the ox. They were early and had to wait for the gates to open. When the gates did slowly open, the rat jumped off the ox and quickly ran in, thus becoming the first animal sign of the zodiac. The ox was next and throughout the day, other animals arrived in the following order: tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and wild boar.

Another legend says the snake became angry because people appreciated the frog more than him. He started to bite people and animals, hurting and killing many of them. The Jade Emperor punished the snake.

The snake then repented and started helping people. He helped

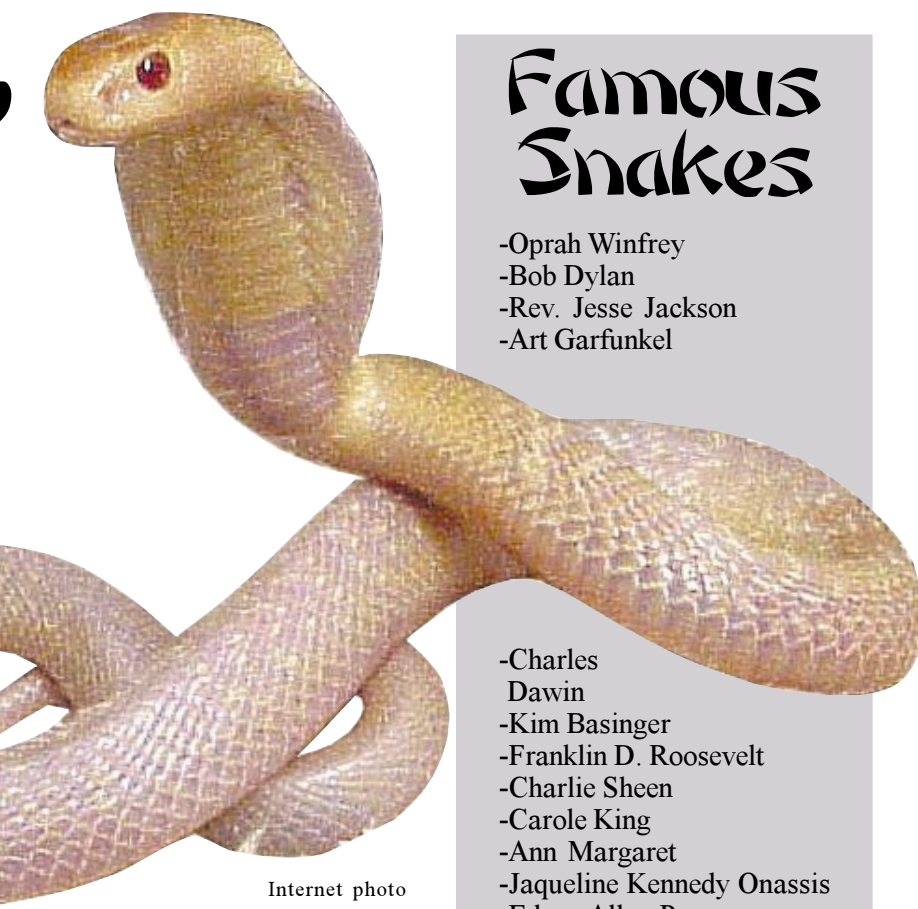
his relative the dragon to control the rains and donated parts of his body for medicine after his death. The Jade Emperor was impressed and gave the snake a place just after the dragon in the animal signs.

Regardless of the legends, many people in Japan follow the Oriental zodiac and expect people

to exhibit characteristics of the animal, or sign, of the year they were born. Some Japanese "nakodo," or matchmakers, carefully consider future couples' compatibility based on their birth years before arranging marriages.

According to several authors, people born in the year of the snake are good in business and with money. They are very intelligent, sophisticated and have great perception. They are also independent and tend to do things on their own terms. Of course, they also have great charm and can be very romantic. These characteristics help snake people become successful business and public relations people.

One of their greatest assets is their excellent memories, which can be a curse to others. Experts on the Oriental zodiac point out that snake people remember details which help them in busi-



Internet photo

ness. They also remember and hold grudges for long times. Their patience rarely tempers their anger.

Yet these people seek justice instead of revenge when settling old scores.

Since snake people often do well in business and with money, they are often perceived as greedy and miserly. Usually the opposite is true.

Most snake people are generous, love life, enjoy sharing their good fortune and have no objections to splashing a bit of cash around.

More information on the Oriental zodiac can be found in the books "The Japanese Fortune Calendar" by Reiko Chiba, published by Charles E. Tuttle Co. and "Secrets of Japanese Astrol-

Famous Snakes

-Oprah Winfrey
-Bob Dylan
-Rev. Jesse Jackson
-Art Garfunkel

-Charles Dawin
-Kim Basinger
-Franklin D. Roosevelt
-Charlie Sheen
-Carole King
-Ann Margaret
-Jaqueline Kennedy Onassis
-Edgar Allen Poe
-John F. Kennedy
-Howard Hughes
-Pablo Picasso
-Tim Allen
-Maya Angelou
-Greta Garbo
-Chubby Checker
-Howard Stern
-Mao Tse Dong
-Dean Martin
-Indira Gandhi
-Aristotle Onassis
-Ryan O'Neal
-Henry Fonda
-Paul Simon
-Brad Pitt
-Yarrir Arafat
-Dionne Warwick
-Brooke Shields

ogy: the Science of Kigaku" by Takeo Mori and "Dragan Milenkovic," published by Tengu Books.

Out the gate

Note: Japanese who do not speak English may answer the phone numbers provided.

Women's League Basketball

A women's basketball tournament will be held Sunday at 10 a.m. at the City Sports Park. Tickets are available at the Sports Park, city gymnasium and local sports shops. Tickets can also be purchased at the door. Due to limited parking space, people are encouraged to use the shuttle bus service from the riverbed under the Kintai Bridge to the Sports Park. Call 24-1234.

Book Fair

The Hiroshima Chapter of the Japan Asso-

ciation for Language Teaching is hosting a book fair at the Hiroshima YMCA on Sunday at 10 a.m. The book fair is free and open to the public. The book fair will open with displays of the latest English teaching materials and several presentations on teaching language in Japan. For more information call Mark Zeid at 082-231-4008 after 6 p.m., or e-mail at mzeid@ann.ne.jp.

International Premier Cup

International Premier Cup Japan, a soccer tournament, is scheduled for Jan. 27-28 at 8:30 a.m. at Yokoyama Riverbed sports field near the Kintai Bridge. For more information call 32-5000.

Fureai Park Shizen Jyuku

A craft workshop will be held to make stilts or kites on Jan. 28 at 9:30 a.m. at Zenitsubo Moun-

tain in Yu Town. Children and their family are invited. Registration is required. Attendants need to choose to make either stilts or kite when they register. Call 63-1513.

Frea Market

A flea market will be held Jan. 27, 9 a.m.-noon at Iwakuni City Recycle Plaza. For more information call 32-5371 or 31-5303.



Classified Ads

Vehicles for sale

—1987 Honda Prelude, 2-door, AM/FM cassette, A/C and heat, JCI till 2002, \$900/obo. Call Shannon Gravatt at 253-4696 dwh or 253-7901 awl.

—1988 Toyota Supra, CD/MD, twin turbo, black, sport suspension, JCI till April 2001, \$2,000/obo. Call Sgt. Larreu at 253-3408.

—1989 Toyota Starlet, 4-door, 4-speed, A/C, CD/cassette player w/four speakers, mechanically sound with new tires, brakes, exhaust and tune up, available first week of February, JCI till September 2002, asking \$1,350. Call Gunnery Sgt. Shortill at 253-3167 dwh or 253-7575 awl.

—1989 Toyota Carina, 4-door, white, sedan, PDL/PW, AM/FM cassette, JCI till April 2002, asking \$1,000. Call Tim or Laura at 21-7949 between 9 a.m.-9 p.m.

—1989 Honda Accord, 115,350 kilometers, power everything, JCI till June 2002, \$1,200/obo. Call Doug LeGrand at 253-3167 dwh or 253-7479 awl.

—1992 Honda Integra, 2-door, low kilometers, w/12 disc CD changer, JCI till January 2002, \$2,250/obo. Call Cpl. Maxon at 253-4217 dwh or 21-8088 awl.

Other items for sale

—Compaq Presario desktop computer, Pentium 100, 3.0HD, 48MB RAM, 24xCD ROM, soundblaster live sound card, 15-inch Samsung monitor, speaker, modem, headset, gamepad, keyboard, mouse, Windows 98, loaded and some software, asking \$450/obo; set of golf clubs, w/bag, four woods, irons, right-hand clubs, good starter set, asking \$150/obo; Thor motocross gear, blue/black, pants, jersey, gloves, \$75/obo; answer manitou SSTR forks, mango, 1-1/8, \$60. Call Don Black at 253-3317 dwh or 253-2153 awl.

—Sony LD-VCD player, \$150. Call 253-6249 dwh or 253-2106 awl.

—ISA V90 internal modem 56K, brand-new, package unopened, \$50; fisher-price grow-with-me picnic table, handy, used, \$40. Call Linda Kostelny at 253-3278.

—TV table, \$20; Japanese style carpet, \$20; American style carpet, 10.4x7.10, \$55; frame of oil painting, 26"x36", wide of fram, 1.7-inch, \$15. Call Setsuko Rhoady at 32-9001.

—Tire chains, used once, fit 185/70-13, 185/65-13 or 175/65-14 tires, cost \$70 new, will sell for \$30. Call Maj. Canada at 253-2584.

Wanted

—looking for used camouflaged uniforms. Call 253-6249 dwh or 253-2106 awl.

—Avid camera collector wants to buy your old camera, lens and equipment, working or not. I only collect. Call Nick at 32-6412 anytime.

MCCS job openings

—The program currently has an opening for a home visitor in Iwakuni. The requirements are as follows: Knowledge of military system/community resources, licensed LCSW or RN (RN must possess an AA or BS degree in community health, public health or maternal/child nursing), two or more years Postgraduate experience in community health, public health/maternal/child nursing, home visiting or family/child counseling. A driver's license and insurance are required. Only applicants meeting stated contract qualifications will be considered. Call Lilia M. Blair at 253-6553 or stop by the Community Services Building 411, Room 127.

—Marine Corps Community Services Semper Fit is seeking an instructor to teach hula to children and adults. Call 253-6359 for more information on this contract position.

(The following jobs are open at MCCS Personnel:)

—Materials Handler, Warehouse, NA-05, regular full time.
—Retail Ops Assistant, Service Station, NF-02, regular full time.

—Employment Development Specialist, Performance Improvement Office, NF-04, regular full time.

—Clerk-Typist, MCCS Operations, NF-02, regular full time.

—Contracting Officer, Contracting and Purchasing, NF-04, regular full time.

—Automotive Helper, Service Station, NA-05, regular part time.

—Library Aid, Library, NF-01, regular full time.

—Waiter/Waitress, Club Iwakuni, NA-03, regular full time and flexible.

—Sales Associate/Cashier, Main Exchange, NF-01, regular full time and flexible.

—Sales Associate/Cashier, S/S 7 Day Store, NF-01, regular part time.

—Store Worker, Main Exchange, NA-02, regular full time and flexible.

—Sales Associate/Cashier, Auto Mini Mart, NF-01, regular full time, part time and flexible.

—Car Rental/Service Station Attendant, Service Station, NF-01, regular full time.

—Program Assistant, Child Development Center, CC-1, regular full time and flexible.

—Recreation Assistant, NF-02, regular full time and flexible.

—Recreation Attendant, NF-01, regular part time and flexible.

(Pick up a job application in the MCCS Personnel Office, Crossroads Mall second floor, Mondays, Wednesdays, and Fridays from 7:30 a.m. to 5 p.m.; Tuesdays and Thursdays from 7:30 a.m. to 4:30 p.m. or call 253-3030.)

HRO job openings

—Child Development Education Specialist, GS-1701-9/11, open until filled.

—Meatcutter Leader, WL-7407-07, open until filled.

—Equal Employment Opportunity Counselor(s), open until filled.

—Education Technician, GS-1702-04/05, open until filled.

—Mechanical Engineer, GS-0830-12, open until filled.

—Interdisciplinary Engineer and Architect, GS-08XX-07/09/12, open until filled.

—Interdisciplinary Engineer and Architect, GS-08XX-07/09/12, open until filled.

—Child Development Center Director, GS-1701-09, open until filled.

—Family Child Care Director, GS-1701-09, open until filled.

—Family Child Care Director, GS-1701-07/09, open until filled.

—Child Development Education Specialist, GS-1701-07, open until filled.

—Interdisciplinary (Psychologist/Social Worker) GS-018X-11, open until filled.

—Victim Advocate, GS-101-09, open until filled.

—Cable Splicer Supervisor (Communication), WS-2504-07, open until filled.

—Air Traffic Control Specialist (Terminal), open until filled.

(For additional information and appropriate forms call CHRO, Building 360, Room 32 at 253-6828.)

To submit your ads or announcement ...

Torii Teller accepts ads/announcement for nonprofit organizations and groups only. Briefs run on space-available and time-priority basis. Deadline for briefs is noon Thursday. Torii Teller reserves the right to edit to fit space. To submit, stop by Building 360, Room 7 to fill out a form.

Weekend's Weather

Friday Saturday Sunday Monday



Tide Table

	<u>Low tide</u>		<u>High tide</u>	
	<u>Time</u>	<u>Size</u>	<u>Time</u>	<u>Size</u>
Jan. 19	11:57 p.m.	4.81	6:06 a.m.	7.82
	---	---	5:42 p.m.	7.68
Jan. 20	12:20 a.m.	1.75	7:04 a.m.	8.5
	1:06 p.m.	4.52	6:20 p.m.	7.9
Jan. 21	1:21 a.m.	1.66	8 a.m.	9.09
	1:56 p.m.	4.31	7:35 p.m.	8.02
Jan. 22	2:02 a.m.	1.19	8:41 a.m.	9.62
	2:38 p.m.	3.92	8:17 p.m.	8.29
Jan. 23	2:44 a.m.	0.83	9:17 a.m.	10.00
	3:14 p.m.	3.56	8:59 p.m.	8.55
Jan. 24	3:20 a.m.	0.57	9:53 a.m.	10.25
	3:50 p.m.	3.24	9:35 p.m.	8.77
Jan. 25	3:50 a.m.	0.41	10:23 a.m.	10.39
	4:20 p.m.	2.97	10:05 p.m.	8.95



Movie Schedule

Friday

10 a.m./7 p.m. Project X (PG)
1 p.m./9 p.m. Ishtar (PG-13)
11 p.m. The Gladiator (R)

Saturday

10 a.m./7 p.m. True Grit (PG)
1 p.m./9 p.m. Crazy From The Heart (PG-13)
11 p.m. Chain Of Command (R)

Sunday

10 a.m./7 p.m. Housesitter (PG)
1 p.m./9 p.m. The Doctor (PG-13)
11 p.m. Disturbing Behavior (R)

Monday

10 a.m./7 p.m. The Bad News Bears (PG)
1 p.m./9 p.m. The Fugitive (PG-13)
11 p.m. The Devil's Advocate (R)

Tuesday

10 a.m./7 p.m. The Graduate (PG)
1 p.m./9 p.m. Mission Impossible (PG-13)
11 p.m. The In Dreams (R)

Wednesday

10 a.m./7 p.m. The Pink Panther Strikes Again (PG)
1 p.m./9 p.m. Club Paradise (PG-13)
11 p.m. Generals Daughter (R)

Thursday

10 a.m./7 p.m. Summer Rental (PG)
1 p.m./9 p.m. Shanghai Noon (PG-13)
11 p.m. The Hurricane (R)

Sakura Theater

Friday

7 p.m. The 6th Day
10 p.m. What Women Want
12:15 a.m. Mystery Movie

Saturday

4 p.m. The Emperor's New Groove
7 p.m. The 6th Day
10 p.m. What Women Want

Sunday

4 p.m. The Emperor's New Groove
7 p.m. What Women Want

Monday

7 p.m. The 6th Day

Tuesday

7 p.m. The Emperor's New Groove

Wednesday

7 p.m. What Women Want

Thursday

Closed

The 6th Day (PG-13)

Rated PG-13 for strong action violence, brief strong language and some sensuality. (124 minutes)

In "The 6th Day," Arnold Schwarzenegger stars as Adam Gibson, a helicopter pilot who returns home from a trip to his wife and family to find his double — a human clone — already there living his life in his place. Because cloning is illegal, a team of assassins attempts to eliminate the real Gibson. Challenged by moral and scientific arguments, Gibson unites with his clone to battle together against the assassins for their lives, their humanity and their freedom.

What Women Want (PG-13)

Rated PG-13 for sexual content and language. (123 minutes)

After he survives a serious accident, a Chicago business man (Mel Gibson) learns that he's been blessed with the power to read women's minds. At first, he uses his new skill to please his boss (Helen Hunt). But he ends up understanding so well what it is that she wants that he can't help falling in love with her.

The Emperor's New Groove (G)

Rated G. (78 minutes)

Set in the mountains of South America, this Disney animated feature is the story of a young man, Emperor Kuzco, who is transformed into a lama and sent out into the jungle by an evil diva who wants to take over the throne. Emperor Kuzco's meets a peasant named Pacha who lives in the jungle and who agrees to help Emperor Kuzco. Together, through a series of exciting adventures, the friends race to get Kuzco back on his throne.

This schedule is submitted by the Sakura Theater and is subject to change. Comments can be directed to MCCS at 253-4003.

Iwakuni's Theaters

Kokusai:

Jan. 19-26

"Frequency" - 10:30 a.m., 2:50 p.m., 7:10 p.m., (Sat. only) 9:10 p.m.
"What Lies Beneath" - 12:30 p.m., 4:50 p.m.

New Central I:

Jan. 19-26

"Vertical Limit" - 12 p.m., 2:15 p.m., 6:40 p.m., (Sat. only) 9 p.m.
"Six Day" - 4:30 p.m., (Sat. only) 9 p.m.

New Central II:

Jan. 19 - end of January
No English Movies

New Central III:

Jan. 19-26

No English Movies

Education



Test Schedule

Every Tuesday/Friday

- College Level Examination Program
- DANTES Subject Standardized Test

Jan. 25 - Electronic Data Processing Test

Jan. 29 - Defense Language Proficiency Test
- Defense Language Aptitude Battery

Jan. 31 - Armed Forces Classification Test

Testing begins at 8 a.m. and 10 a.m. in Building 411, Room 101. Sign up 15 minutes prior. There is a fee for civilian personnel but not for service members. Call 253-3855.

Community



Alcoholics Anonymous

Alcoholics Anonymous open meetings are held on Wednesdays at 11:30 a.m. and Thursdays and Sundays at 7 p.m. Closed meetings are held on each Monday and Thursday at 11:30 a.m. and Tuesday at 7 p.m. All meetings are on the second floor of Building 497. For more information call 43-4814.

Medical Clinic Health Promotions

Tobacco Cessation Courses will be held on Feb. 7, 9, 14, 16, March 21, 23, 28, and 30. Cholesterol, nutrition and hypertension counseling will also be offered on an individual basis by calling the Branch Medical Clinic at 253-3266.

Visiting Clinicians

The Branch Medical Clinic Iwakuni will be hosting visiting clinicians in the areas of dermatology, urology, surgery and obstetrics from Monday-Wednesday. Personnel needing follow-up appointments with these visiting clinicians should contact their Primary Care Manager and schedule an appointment at 253-3445.

Preschool Screening

A free developmental screening will be offered for children from birth to 5 years of age, Jan. 30-31 by EDIS and M.C. Perry personnel. Appointments are limited. To make an appointment call 253-4562.

Baby-sitting Course

The American Red Cross will hold a baby-sitting course on Saturday from 9 a.m. to 5 p.m. Registration is required and seating is limited. There is a \$25 fee. For more information call 253-4525 or stop by Building 1100, Marine Memorial Center.

Sure Start Pre-School

The Sure Start Pre-School program at M.C. Perry Elementary School is a no cost preschool program modeled after Head Start. It is available for E-1s through E-5s. This full day (6-hour) program offers medical, dental and developmental screenings for enrolled students, nutritious

lunches and snacks, developmentally appropriate practices at the core of all programming and active involvement in the program by families of all enrolled children. Applications for this school year are still being accepted and can be picked up at the front office of the elementary school.

Navy-Marine Corps Relief Society

Navy-Marine Corps Relief Society is in need of volunteer caseworkers, receptionists and knitters/crocheters for the layette packages. If you already have experience in these areas or would like to learn, call 253-5311. The NMCRS provides free training and also reimburses child care fees. The Iwakuni office, located in Building 1100, Room 148, is open on Monday through Friday, from 10 a.m. to 2 p.m.

Thrift Shop

The Thrift Shop is now open on Tuesdays and Thursdays and the last Saturday of the month from 11 a.m. to 4 p.m. Donations are accepted on those days or may be left in the drop box anytime during the week. For more information call 253-4721.

The Enlisted Spouses Club is having a membership drive during January and February. Call 253-2830/253-2261.

Commissary Tour

There will be a Commissary tour given by a registered dietician on Tuesday from 1 to 4 p.m. Please join us and learn how to make healthy selections for you and your family. Please contact Navy Lt. Gilchrist in Health Promotions at 253-3266 to sign up.

Marine Corps Community Services

LINKS Meets

Marine Corps Family Team Building will hold a LINKS session for military spouses on Jan. 23-25 from 8:30 a.m. to 12:30 p.m. at the Chapel Annex. For more information call 253-3754.

Time Management

Community Services will hold a time management workshop on Jan. 23 from 11:45 a.m. to 12:45 p.m. in the Community Services Building, Room 115. For details call 253-3737.

Field Goal Kick Contest

Tickets are on sale at Club Iwakuni cash cages and in the MCCS Marketing Office for the Super Bowl Monday \$10,000 Field Goal Kick Contest. A drawing will be held in Club Iwakuni's ballroom during the Super Bowl halftime; the holder of the drawn ticket will have the chance to kick a field goal from the 35-yard line outside the club. Complete rules are available in the Marketing Office, second floor of Crossroads Mall, or on the MCCS home page at www.mccsiwakuni.com. For more information call 253-5284.

TAMP/TAP Briefing

This pre-separation brief and job search seminar will be held on Tuesday through Jan. 26 from 8:30 a.m. to 4:30 p.m. in the Community Services Building, Room 217. Military personnel within 180 days of separating and their family members

are encouraged to attend. For more information and to register, service members should contact their career planner.

Reserve Briefing

The Marine Corps Reserve Program will brief on Jan. 24 from 10 to 11:30 a.m., in the Community Services Building, Room 217. Separating Marines interested in joining are invited to attend. Call 253-6439.

Manage Your Stress

Community Services will hold a stress management workshop on Jan. 30 from 11:45 a.m. to 12:45 p.m. in the Community Services Building, Room 115. For more information call 253-3737.

Employment Workshops

The Career Resources Management Center will conduct workshops on a variety of employment-related topics to include federal and local employment, resume writing, career networking, and interviewing skills. For more information call 253-6439.

Boyz II Men

Tickets are being sold in unlimited quantities (subject to availability) in the Main Exchange cashier's cage, ITT and the Landing Zone cashier's cage. For up-to-date information on the concert, check the MCCS website at www.mccsiwakuni.com.

Inventory Closures

The following Main Exchange Services facilities will be closed on Jan. 20 for inventory: Key and Engraving, Photo Hobby Shop and Wood Hobby Shop.

Chapel Services



Chapel News

(1) Chapel Annex (2) Marine Memorial Center

Roman Catholic

Saturday	5:30 p.m.	Mass	(2)
Sunday	9 a.m.	Mass	(2)

Protestant

Saturday	9:30 a.m.	Seventh Day Adventist	(1)
Sunday	10 a.m.	Church of Christ	(2)
	10:30 a.m.	General Service	(2)
	noon	United Pentecostal Service	(2)

Latter Day Saints

Sunday	12:30 p.m.	Service	(1)
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Jewish

Friday	6 p.m.	Shabat	(2)
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For information regarding divine services, religious education or any other Command Religious Program/Chapel activity call the station Chapel at 253-5218. For information on Jewish services call Mark Zeid at 082-231-4008 after 6 p.m. or call the station Chapel.

Sports Briefs

Alternate Pool

While the Main Gym's Indoor Pool is closed for maintenance, patrons are welcome to use the Japan Maritime Self-Defense Force pool. For rules and directions to the pool call 253-4605.

Be A Lifeguard

Lifeguard class begins Jan. 22. Patrons age 15 and older may participate. For more information call 253-4966. The fee is \$40.

SMP Ski

The Single Marine Program will take a ski trip on Jan. 27, leaving the Hornet's Nest at 5 a.m. Transportation is free; yen is needed for a lift ticket. For more information call 253-3585.

Sled Mominoki

Outdoor Recreation will take a sledding

trip to Mominoki on Saturday, departing the air station at 8 a.m. Status of Forces Agreement sponsored identification card holders and one guest each may participate; ages 12 and younger must be accompanied by an adult. The fee is \$10.

Volleyball Season

Varsity volleyball coaches will meet on Jan. 29 at 10 a.m. in the Main Gym. Anyone interested in playing volleyball should call Athletics at 253-5777.

Ski Mizuho

Outdoor Recreation will take Status of Forces Agreement sponsored personnel skiing at Mizuho Highlands on Jan. 27, departing the air station at 5 a.m. The fee is \$15 for transportation; yen is needed for an all day lift ticket. Call 253-3822.

The Scoreboard

Basketball

Jan. 12

Sun-Downers defeated Comm-Dawgs, 41-39

Stunnaz defeated Crash Crew, 64-58

Dragons defeated MAG-12, 61-35

6-MAN Intramural Soccer

Jan. 13

CSSD-36 defeated MWSS-171, 1-0

Tomodachis defeated MALS-12, 8-2

CSSD-36 defeated ATC, 8-2

Samurai defeated MWSS-171, 4-1

Tomodachis defeated ATC, 8-4

MWSS-171 defeated MALS-12, 1-0

CSSD-36 defeated Samurai, 4-1

MALS-12 defeated ATC, 4-2

Tomodachi defeated

Samurai, 5-4



from VMFA-122 Page 3

after multiple targets that would be impossible to execute anywhere else due to airspace and range restrictions, he said.

"My pilots worked very hard and learned some very valuable lessons," he added. "This training was priceless and can not be simulated anywhere else without degrading pilot training."

Master Sergeant Gary Williams, VMFA-122 Ordnance Chief from Broken Bow, Okla., thought it was exactly the kind of hands on training his Marines needed in order to sharpen their skills.

"This was a large training evolution for us involving very heavy-high explosives. The Marines had to be flexible in a very fluid environment in order to be successful," said Williams. "The Marines learned quickly how important teamwork was to their success. Either everyone works together and wins, or everyone loses."

While in Australia, the Crusaders employed 44 tons of ordnance and flew 308 hours in support of the exercise.

After three weeks in Australia, the Squadron once again packed up and re-deployed to Kadena Air Base Okinawa, Japan for an additional six weeks of air-to-air dissimilar training with Air Force F-15 and F-16 squadrons.

Not only did the Crusaders of VMFA-122 get the opportunity to sharpen their air combat skills, but they also got the chance to operate with, and see how other branches of the armed forces perform their missions.

"It is always a good idea to step back and look at how other people in the same business are doing their jobs, it's an opportunity to learn from those professionals and improve with that knowledge" said Sturgeon. "During this training evolution, the Crusaders got to put together all the lessons they learned earlier in Kadena and Australia while conducting large force air-to-ground strikes to some of the off shore bombing ranges in that area."

The end of October once again saw the squadron pack up and re-deploy to Misawa Air Base in northern Japan to participate in exercise "Keen Sword 2000."

This three-week exercise proved to be a very large, multinational exercise, which stressed interoperability between U.S. forces and the Japan Self-Defense Force. The exercise saw the Crusaders participating in large force flights involving numerous fighter/bomber aircraft from the different services and nations.

Once again, the Crusaders were able to draw on their recent experiences training with the U.S. Air Force to successfully accomplish their mission.

If the Crusaders were looking forward to getting back to Iwakuni and slowing down for the month of December, the Commanding General of the 1st Marine Aircraft Wing, Maj. Gen. James Cartwright, had other plans.

On Dec. 10, 1st MAW commenced an unscheduled training exercise to test the Marine Aircraft Group 12 readiness and assets.

During the exercise the Crusaders were tasked with every mission they had been training for during the past five months in Japan. The squadron flew everything from reconnaissance to long range strikes into target areas as far away as Okinawa and Guam.

With the squadrons return stateside, they will be replaced by the "Hawks," of VMFA(AW)-

MCCS Entertainment Presents

Boyz n Men



Tuesday, January 23
and

Wednesday, January 24
7 PM

in the MAC Dome on Northside

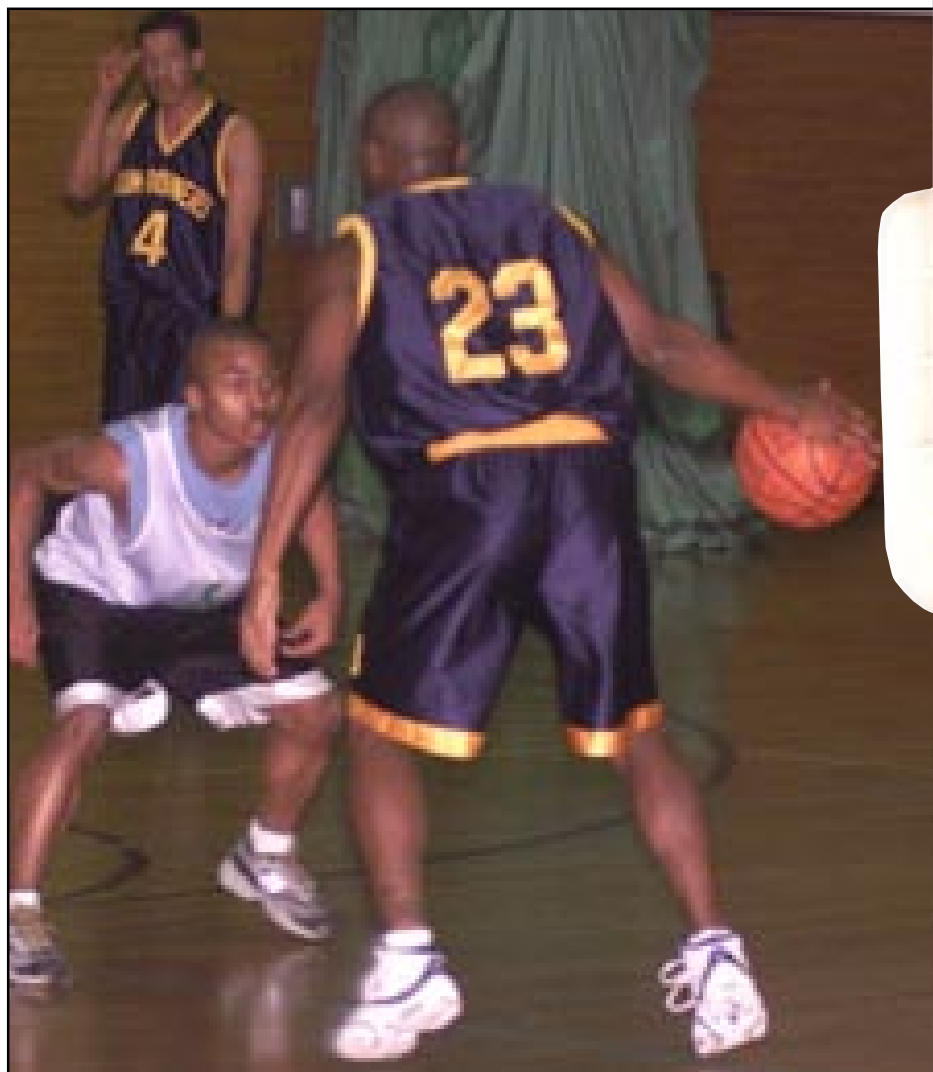


Opening Act: CeCe Peniston

Tickets Sold At
Landing Zone Cashier's Cage
IT&T and MCX Cashier's Cage

533, who hail from Marine Aircraft Group 31, MCAS Beaufort, S.C.

"We've had a great tour," said Sturgeon. "The training was invaluable to our squadron and each one of us from the mechanics to pilots learned something. The support we received during our deployment from MCAS Iwakuni, MAG-12 and MALS-12 was exceptional. We all pulled together to make this tour both memorable and a landmark occasion."



Terrick Alexander, Sundowners point guard, tries to get past Jeremiah Jackson, Seahawks guard, Jan. 9 at the Main Gym.



With 1:23 left on the clock, and both teams tied, the Seahawks missed this chance to get ahead

photos by Cpl. Kurt Fredrickson

Sundowners slide by Seahawks, 32-30 with 5 seconds on clock

by Cpl. Kurt Fredrickson
Torii Teller Staff

The Sundowners barely crossed the horizon to take the win over the Seahawks, 32-30 during intramural basketball Jan. 9, at the Main Gym.

With 60 seconds left it was anyone's game with the score tied 28-28, but a free throw by the Sundowners and a lay up by the Seahawks added to the madness, tying the game 30-30 with 30 seconds to go.

It looked as if the game would be going into overtime, but with 5 seconds left Terrick Alexander, Sundowners point guard, made a fast break and lay up to push the team over the top for the 32-30 win over the Seahawks.

"It was a good game and we really came together as a team," said Kendall Wiltz, Sundowners shooting guard. "We're a new team to the league so we're trying to learn our strengths and weaknesses."

The first half began with the Seahawks getting a quick 8-0 lead over the Sundowners. Good coverage and steals by the Seahawks were challenged equally by the passing skills of the Sundowners. By the time the buzzer sounded the Seahawks were leading 15-9, but the Sundowners were ready to keep up.

"You just can't play, you've got to think," said Robert Lewis, Sundowners head coach. "Today we tried to slow the ball down, spread it out and take advan-

tage of the big guy in the middle."

Switching sides on the court also seemed to bring a switch in the playing. The intensity turned up as the clock ran down and the Sundowners kept the lead as both teams continued to score at an equal interval. With 2:50 seconds left on the clock, and the score 28-28, it was still uncertain what the outcome would be.

"At that point, I thought we needed to calm down and get two points up on the board," said Mark Henry, Seahawks point guard. "We tried to swing it down to the wings and get the ball down low."

The Sundowners hit a free throw with 1:36 on the clock putting them at 30-28. Tension and speed picked up and the game became a race and manipulation of time. Sundowners' players held the ball at times letting the clock run. While Seahawks sped things up after making a two point lay-up which tied the game again at 30-30.

"Once we tied it up, we were trying to play defensively, get the rebound and go for the shot," said Arthur LeBlanc, Seahawks head coach.

The Seahawks lay up was not enough to pull the game into overtime. They tried for another shot, but the Sundowners gained possession and kept the ball out of the Seahawks hands. They ran the clock out to take the win 32-30.

"It's a good win for us because when you can still win, and you're not playing well, it shows you've got heart," Lewis said.